



Rosehouse Health & Wellness Center

June 2004

MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI
	1 9:00 - Sit & Stretch 12:15 - Line Dancing 1:00 - Games	2 8:15 - Exercise 9:30 - Exercise 1:00 - Poker 1:00 - Games	3 9:00 - Sit & Stretch 10:15 - Pilates 1:00 - Badminton 1:00 - Games	4 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Games
7 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 12:30 - Bridge 1:00 - Games ULL SEMESTER BEGINS	*8 9:00 - Sit & Stretch 10:30 - WHAT VESTIBULAR REHABILITATION CAN DO FOR YOU 12:15 - Line Dancing 1:00 - Games	9 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 1:00 - Games 1:00 - Pokeno 1:00 - Poker	*10 8:30 - U PICK BLUEBERRY FARM TRIP 9:00 - Sit and Stretch 10:15 - Pilates 1:00 - Badminton 1:00 - Games	11 8:15 - Exercise 9:30 - Exercise 1:00 - Canasta 1:00 - Games
14 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 12:30 - Bridge 1:00 - Games	*15 9:00 - Sit & Stretch 10:30 - PELVIC FLOOR DYSFUNCTION 12:15 - Line Dancing 1:00 - Games	16 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 1:00 - Games 1:00 - Poker	17 9:00 - Sit & Stretch 10:15 - Pilates 1:00 - Badminton 1:00 - Games 2:00 - Ballroom Dance Class	*18 8:15 - Exercise 9:30 - Exercise 12:00 - SALAD LUNCHEON 1:00 - Canasta 1:00 - Games
21 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 12:30 - Bridge 1:00 - Pokeno 1:00 - Games	22 9:00 - Sit & Stretch 12:15 - Line Dancing 1:00 - Games	*23 8:15 - Exercise 9:30 - Exercise 10:45 - HEART HEALTH & EXERCISE 11:00 - Yoga 1:00 - Games	24 9:00 - Sit & Stretch 9:30 - Canasta 10:15 - Pilates 1:00 - Badminton 1:00 - Games	25 8:15 - Exercise 9:30 - Exercise 12:00 - Pokeno 1:00 - Canasta 1:00 - Games 2:00 - EQUIPMENT ROOM CLOSES EARLY
28 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 12:30 - Bridge 1:00 - Games	*29 9:00 - Sit & Stretch 10:30 - MEDICARE PRESCRIPTION PLAN 12:15 - Line Dancing 1:00 - Games	30 8:15 - Exercise 9:30 - Exercise 11:00 - Yoga 1:00 - Poker 1:00 - Games		



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JUNE 2004

- 8th THE LOSS OF BALANCE, DIZZINESS AND VERTIGO...WHAT VESTIBULAR REHABILITATION CAN DO FOR YOU - 10:30 AM** - Thomas Vouloukos, Physical Therapist with LOUISIANA PHYSICAL THERAPY, will demonstrate exercises that you can do to improve your balance and dizziness. **Please pre-register by Tuesday, June 7th.**
- 10th U PICK BLUEBERRY FARM TRIP - 8:30 AM** - Join us for our annual trip to the blueberry farm at Cade. You pay for what you pick. Home grown tomatoes and cucumbers may also be available. Transportation will be provided. **Seating is limited. Please pre-register by Wednesday June 9th.**
- 15th PELVIC FLOOR DYSFUNCTION...BEYOND KEGEL'S PROGRAM - 10:30 AM** - Thomas Vouloukos, Physical Therapist with LOUISIANA PHYSICAL THERAPY, will teach us various exercises that are specifically for strengthening the pelvic floor. **Please pre-register by Monday, June 14th.**
- 18th SALAD LUNCHEON - 12:00 PM** - Due to numerous requests, we will be having a potluck lunch at the Rosehouse every 3-4 months. Bring a favorite salad or dessert and join us for fun. **Please pre-register by Thursday, June 17th.**
- 23rd HEART HEALTH AND EXERCISE: HOW EXERCISE TARGETS THE RISK FACTORS FOR HEART DISEASE - 10:45 AM** - Susan Hall, Clinical Exercise Physiologist and Licensed Athletic Trainer in the Occupational Health Department of LAFAYETTE GENERAL MEDICAL CENTER, will discuss specifically how exercise can reduce the risks of heart disease. **Please pre-register by Tuesday, June 22nd.**
- 29th MEDICARE PRESCRIPTION PLAN-WHAT DIFFERENCE WILL IT MAKE? - 10:30 AM** - David Varisco, a partner with GLOBAL FINANCIAL RESOURCES, INC., will explain the details of the new Medicare Prescription Plan and answer any of your questions about it. **Please pre-register by Monday, May 28th.**



Rosehouse Notes

120 Statesman Drive
Lafayette, LA 70506

291-5444

SPRING EXERCISE CLASS SCHEDULE

- 8:15 AM - 9:15 AM MWF ... Modified (Low-Impact) Aerobics
(No registration or fee)
- 9:30 AM - 10:30 AM ... MWF ... Low-Impact Aerobics
- 11:00 AM - 12:30 PM MW Yoga
- 9:00 AM - 10:00 AM ... TTh Sit and Stretch (Chair Exercise)
(No registration or fee)
- 10:15 AM - 11:15 AM Th Pilates

ULL SUMMER SESSION

Requirements for ULL Classes are that you must be 60 years of age and have a current Doctor's consent form, which is available at the Rosehouse. The Summer Session will begin on Monday, June 7th. The fees for the Aerobics and Yoga classes are \$20.25. The fee for the Pilates class is \$6.75.

LINE DANCING CLASS.

12:15 PM - 1:15 PM Tuesdays

BALLROOM DANCING CLASS

2:00 PM - 3:00 PM 3rd Tuesday of the month

WEBSITE INFORMATION:

The web address to access the Greenhouse and Rosehouse calendars on the internet is:
www.lafayettela.gov/dptchdhscs.asp

Put our web address as one of your "Favorites" for easier and quicker access to our calendar.

If you have email, give Patrice your address so the in the future, we can email the calendar to you.

DID YOU KNOW....Research has shown that exercise is the best way to raise HDL and also helps lower LDL and triglycerides. Dr. Lisa Callahan, MD, medical director and founder of the Women's Sports Medicine Center reminds us that, **"Exercise is not about trying to be thin, it's about taking care of ourselves."**